

# 3 on 13

3 things from EP  
to make life  
better.

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Emanuelson-Podas produces the **3on13 Newsletter** on the 13th of every month in the hopes of putting in your hands three things that will help make your life better. Entries may include quotes, reminders, jokes, random recipes, book recommendations, advice, or anything else that might make you think, make you smile, or make you a better, happier human being. **Got something worth sharing? Send it to [3on13@epinc.com](mailto:3on13@epinc.com)**

## 1 | Compassion, Culture, and Clowning Around

One of our favorite authors and business management advisors is [Patrick Lencioni](#), a pioneer of the organizational health movement. He's written dozens of leadership and management books — including, most recently, [The Six Types of Working Genius](#) — and is one of the founders of [The Table Group](#), an organization with the simple mission to “make work better.”

The Table Group's [At The Table](#) podcast consistently delivers important, timely advice for companies. Here are three recent winners:

- The *we-know-it-but-all-need-the-reminder* episode, [Everyone's Got Stuff](#). The title says it all.
- The *it's-about-culture-and-authenticity-and-what-you're-communicating* episode, [What Is Your Posture?](#)
- The *it's-a-provocative-title-but-don't-be-scared* episode, [The F Word](#). Note: this word is only three letters long.



## 2 | A Story Worth Reading



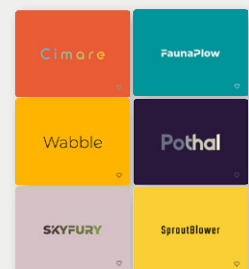
We've profiled Cynthia “Cynt” Marshall — CEO of the Dallas Mavericks and the first black woman to head up an NBA team — in the past, highlighting her [leadership style and her “Three L’s”](#) (hint: they rhyme with Disten, Dearn, and Dove).

Marshall recently released her first book, [You've Been Chosen: Thriving Through the Unexpected](#), in which she details the unlikely things for which she has been chosen — from an abusive childhood to an executive suite at AT&T. Along the way, she endured three miscarriages and the loss of a newborn daughter, and successfully battled stage 3 colon cancer.

In advance of the book, Marshall did [this interview with Time magazine](#). Read on for an amazing, inspiring story, and for an example of what powerful leadership can look like.

## 3 | Odds and Ends

- Dancer, actress, and activist Lena Horne on mindset, strategy, and resilience: “It's not the load that breaks you down, it's the way you carry it.” — from [Wisdom for the Soul](#)
- Turkey prep guide. You know you need it. Check out [Trader Joe's Fearless Flyer Thanksgiving Guide](#).
- Check out the [Business Name Generator](#). It uses AI, so it's super fancy. Enter a few business keywords (i.e., “rain plow highway dryer”) and watch the brandable, logoed options appear!



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